Monday, September 12, 2011 www.metronews.ca



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HIGH-TECH SCHOOLING
EDUCATORS BUZZING
ABOUT USING VIDEO
IN CLASS (page 30)

9-11, 10 YEARS LATER
DAY OF MEMORIALS
ALSO SEES ANTI-U.S.
PROTESTS {pages 8-9}



STUNNED
STEELERS FALL TO
RIVAL RAVENS
IN OPENER (page 31)

CALGARY BEAUTY OF THE STATE OF

Monday, September 12, 2011 www.metronews.ca



News worth sharing.

# B.C. toddler back at home

No one saw Kienan taken some time last Wednesday and no one witnessed his return ◆ Town's acting mayor calls it a 'big miracle'

With the resilience of a three year-old, Kienan Hebert is back to playing with his brothers and sisters, happily running around as police continue their search for a suspect who snatched the boy from his Sparwood, B.C., home and mysteriously returned him there unharmed five days later.

His weeping parents appeared before the media yesterday to thank all who supported them during the gruelling hours and days following their son's abduction last Wednesday, including police and community volunteers.

But the boy's father, Paul Hebert, had a special thank you for "the person" who brought his little boy home yesterday morning. Police allege that person was the suspected abductor — convicted sex offender Randall Hopley. "To the person who returned Kienan to our family

#### **Morning visit**

- Visit. Sparwood's acting mayor
   Sharon Fraser paid the Hebert family a visit early yesterday morning.
- 'Miracle.' "I've never heard of this happening. I've never heard of a child being abducted and then returned right back to the home. So to me it's nothing short of a big miracle," said Fraser. "It just scares the heck out of you period."

I'd like to say thank you," Paul Hebert sobbed. "It was the right thing to do. I thank God that Kienan was returned unharmed."

RCMP Cpl. Dan Moskaluk said medical personnel assessed the boy and found him unhurt, in good spirits and happy to be reunited with his family.

Moskaluk's announcement generated a loud cheer from several of the volunteers who had searched for Kienan and had packed the tiny tent where the news conference was taking place.

Hebert — who appeared almost stoic before the media over the five days since his child vanished — had difficulty speaking.

"Thank you, thank you," he managed to say before breaking down in tears. His wife, Tammy, sat beside him, tears running down her face.

Police received an anonymous call around 3 a.m. local time yesterday telling them where to find the boy.

Moskaluk said the most troubling thing was that the caller told police they could find Kienan in his own home.

"Taking the child undetected and then placing him back undetected certainly is a chilling prospect," Moskaluk admitted. THE CANADIAN PRESS



#### Another Masters in the books

Ten of thousands of Calgarians headed out to Spruce Meadows this weekend for the Masters Tournament, a show-jumping event.

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# Victims tied up in home invasion

Two individuals were assaulted and bound during a brazen daylight home invasion in Calgary yesterday afternoon.

Insp. Darren Cave said the incident took place at a home on Cambrian Drive N.W. shortly after 2:30 p.m.

It is believed four men entered the residence, attacked the individuals inside and then made off with electronics and an undisclosed amount of money.

Police continue to search for the individuals responsible, and their investigation is ongoing.

The two victims suffered minor injuries in the invasion. Cave said

METRO

# Man critical after falling into traffic

A man is clinging to life after walking into the side of a moving vehicle and falling under the wheel late Saturday night.

The 21-year-old pedestrian suffered a serious head injury and shoulder injury and is in hospital in critical condition.

Police believe the pedestrian was heavily intoxicated when crossing near the intersection of Southland Drive and Fairmount Drive S.W.

The 26-year-old driver of the Ford F-150 was unharmed and his blood did not exceed the legal limit.



# 9-11 victims honoured

▶ 10th anniversary of attacks on World Trade Center, Pentagon yesterday▶ Newly unveiled WTC artifact to find permanent home in Calgary



Dozens gathered at The Military Museums yesterday to pay their respects to the victims of the 9-11 attacks and bear witness to the unveiling of an artifact meant to commemorate that fateful day.

A piece of exterior wall steel from the collapsed World Trade Center will now find a permanent home at the museums and serve as a reminder for many years of the horror and hope felt by people around the world, said an emotional Calgary Arts Development president Terry Rock.

"I think about our generation's responsibility to leave the world a better place for (our kids)," he said of the exhibit's significance.

Both Mayor Naheed Nenshi and U.S. Consul General Laura Lochman paid tribute to the many Canadians who stepped up to help neighbours to the south in the days and months following the attack

Sporting a New York City Fire Department Tshirt and 9-11 remembrance ribbon, Calgarian Peter Wells took in the ceremony with his kids and father.

"We came here to remember the people that passed away that day," he said. "They were all just people who went to work, said goodbye to their families, and many didn't come home."

#### Commemoration

- The WTC artifact unveiled in Calgary yesterday weighs 1,277 pounds.
- The Military Museums began the process of acquiring the piece of debris in 2009.
- Once a final design concept has been chosen, the artifact will serve as a link to the Founders' Gallery, which holds local, national and international art and heritage exhibitions at the museums.





Media coverage of 9-11 memorial ceremonies was at its most powerful in capturing small moments of grief and regret. Scan code for the story.

To scan 2D barcodes in Metro, download the Free ScanLife app at 2dscan.com.

On the web at metronews.ca

Jobs and how to create them will be front and centre in the minds of investors on both sides of the border this week. Video at metronews.ca



# Church woos students with free parking

● U of C learners can park for free if they attend Mormon institute's classes ● Participants are not required to pray, only to learn: Instructor



Religious instructors at a church near the University of Calgary have faith an off-kilter proposition will see more students parked both in their lot and in their classrooms.

For years, academics have parked at the Bow Valley Chapel of the Church of Jesus Christ of Latter-day Saints, likely because of its proximity to campus and zero cost.

Unfortunately, many of those parkers have been slapped with tickets over the years, which instructor Richard Young admits "is not a good way to make friends."

Now, the church is promoting free parking for a whole semester in exchange for participation in one of 17 daytime classes hosted there. Students are required to attend at least 10 of the 13 weekly classes, which generally last 90 minutes.

Accounting student Hamid Behmanesh took the institute up on its offer last year and will again be parking and participating there when classes resume today

"They are not trying to convert people," he said. "I

get more information on what a Mormon is. It serves my personal interests."

But the offer is not for everyone.

"I don't know if people are doing it for the right reasons," said fellow student Nazy Abbas. "If you are going to take classes on religion, your heart has to be in it, as opposed to just doing it for free parking."

Young said feedback

Young said feedback from students has been positive, so far.

"Have we had people who have learned more about the church and joined? Sure," Young said. "But is that the ulterior motive? No."

#### **Availability**

- About 125 parking spots are available for student use during the week at Bow Valley Chapel.
- Last semester, about 52 students took the institute up on its offer and attended ed instructional classes in exchange for free parking.
- Instructor Richard
  Young said students participating in the classes are
  not expected to pray
  or do anything that
  makes them feel
  uncomfortable.





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#### **News in brief**



#### Sherman new leader of official Opposition

POLITICS. A 45-year-old ex-Tory and emergencyroom doctor captured almost 55 per cent of the 8,640 votes cast in Liberal party balloting Saturday.

Raj Sherman defeated four other candidates in the contest to replace leader David Swann. Swann announced in February he was resigning as leader, but plans to still run as a legislature member in the riding of Calgary-Mountain View.
THE CANADIAN PRESS

### Man killed on electrical job

**DEATH.** A man was killed while working on an electrical transmission project in Crowsnest Pass over the weekend.

Occupational Health and Safety will investigate alongside AltaLink. The man has not been identified. • METRO

#### Search on for Sea-Doo driver

MISSING MAN. Police are searching for a Sea-Doo driver who went missing near Silver Beach in Mulhurst Bay near Wetaskiwin on Saturday.

Police received a call around 3 p.m. of a Sea-Doo circling with no driver. The driver is believed to be Larry Majeski, 62.

# Parents upset over fee

◆ Those who drive children to school asked to pay lunch-hour charge ◆ Catholic-school families pay less



New lunch-hour fees at Calgary public schools for parents who drive their children have at least one mother eyeing a move to the Catholic system.

Kourtney Hart, like all parents with school-aged children, was handed a fee sheet by her daughter on the first day of classes.

Much to Hart's surprise, however, there was a \$295 charge on it for noon-hour supervision.

"It's ridiculous. I know a lot of single moms that can't afford this and have a couple of kids," Hart said. "I think it's her right to be able to eat her lunch without a cost."

As it turns out, Calgary Board of Education parents



with kids who walk to school have already been paying similar fees in past years. Students who are bused pay their portion as part of the busing fee.

Hart said she was given no warning of the fee. At

the nearby Catholic school, parents pay onequarter of the price for the same service.

CBE spokesperson Cathy Ward said noonhour supervision is operated on a full-cost-recovery

#### **Costly hikes**

- ► Calgary Board of Education trustees voted in the spring to raise the annual noon-hour supervision fee by 5.3 per cent.
- According to the Calgary Catholic School District website, parents are charged a maximum of \$80 annually for noonhour supervision, and discounts are considered for families with multiple children.
- Leslie Newton,
  co-president of the Calgary
  Association of Parents and
  School Councils, said the
  decision to charge CBE parents who drive their kids a
  noon-hour supervision fee
  came down to a matter of
  fairness for all families.

model

"It's an optional service," she said. "We offer it to parents, but it has to be paid for."





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# Anti-U.S. protests mar anniversary

The Sept. 11 attacks spawned many conspiracy theories around the world, especially among Islamists who allege American or Israeli involvement.

Malaysia's former prime minister Mahathir Mohamad, a vitriolic critic of the West, wrote on his blog that Arab Muslims are incapable of "planning and strategizing" such attacks. He added "it is not unthinkable" for former U.S. president George W. Bush to have lied about who was responsible.

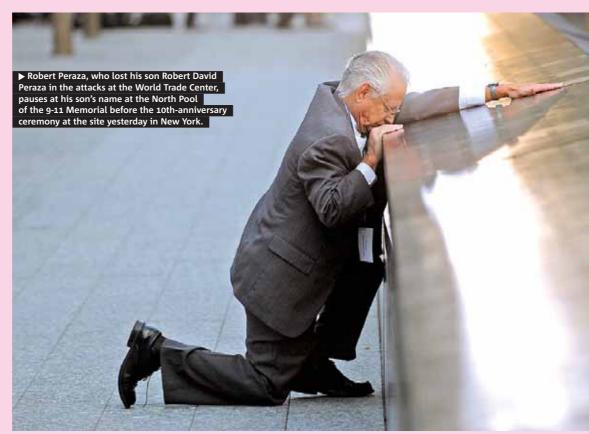
In Pakistan, about 100 supporters of an Islamist political party staged anti-U.S. protests in Islamabad and Multan to mark the anniversary, holding up banners that repeated conspiracy theories. In Karachi, another 100 people protested the war in Afghanistan, launched in response to the attacks.

A few dozen demonstrators gathered outside the U.S. Embassy in London, with one group setting fire to a depiction of a U.S. flag during a minute's silence held to mark the moment when the first hijacked airliner hit the World Trade Center. A small group of Muslims staged a counter-demonstration nearby.

The Taliban marked the anniversary by vowing to keep fighting against U.S. forces in Afghanistan and saying they had no role in the Sept. 11 attacks.

Hours later, a Taliban suicide bomber in a large truck blew it up at the gate of a NATO combat outpost in eastern Afghanistan, killing two civilians and injuring 77 U.S. troops. None of the U.S. injuries were life-threatening, the Atlantic alliance said.

THE ASSOCIATED PRESS





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# Sept. 11 anniversary marked worldwide

From Sydney to Spain, formal ceremonies paid tribute to the nearly 3,000 who perished from more than 90 countries

A mother in Malaysia greeted her dead son. People in Manila left roses for the victim who helped give them homes. And mourners in Tokyo stood before a piece of steel from Ground Zero, remembering the 23 bank employees who never made it out alive.

A decade after 9-11, the day that changed so much for so many people, the world's leaders and citizens paused to reflect yesterday.

For some people, the pain never stops. In Malaysia, Pathmawathy Navaratnam woke up yesterday in her suburban Kuala Lumpur home and did what she's done every

day for the past decade: Wish her son Vijayashanker Paramsothy "Good morning."

The 23-year-old financial analyst was killed in the attacks on New York.

"He is my sunshine. He has lived life to the fullest, but I can't accept that he is not here anymore," said Navaratnam. "I am still living, but I am dead inside."

In Japan, families gathered in Tokyo to pay their respects to the 23 Fuji Bank employees who never made it out of their World Trade Center office. A dozen of the workers who died were Japanese.

Sydney resident Rae Tompsett, 81, said she's

#### **Terror arrests**

In a reminder that threats remain, Swedish police said four people were arrested yesterday in the west-coast city of Goteborg on suspicion of preparing a terror attack.

never felt angry over the murder of her son Stephen Tompsett, 39, a computer engineer who was on the 106th floor of the World Trade Center's north tower when it was hit by a hijacked plane.

"No, not anger," she said. "Sorrow. Sorrow that the people who did this be-

lieved they were doing something good."

The retired schoolteacher and her husband Jack, 92, were among more than 1,000 people who packed Sydney's Roman Catholic cathedral St. Mary's for a special multifaith service.

"It's incredible that it is 10 years — it feels a bit like yesterday," Tompsett said.

About 150 people, some waving American flags, turned out in Madrid for a commemorative planting of 10 American oak trees in Juan Carlos I park by Crown Prince Felipe, his wife, Princess Letizia, and other dignitaries.

THE ASSOCIATED PRESS

#### Japan remembers earthquake victims

Up and down Japan's devastated northeast coast, survivors prayed and communities came together yesterday to mark six months since the massive earthquake and tsunami struck on March 11.

As the world commemorated the 10th anniversary of the World Trade Center attacks, Japanese parents hung colourful paper cranes for their lost children and monks chanted in front of smashed buildings.

Thousands also marched in the streets to demand that the country abandon nuclear power because of damage to the Fukushima Dai-ichi nuclear plant.

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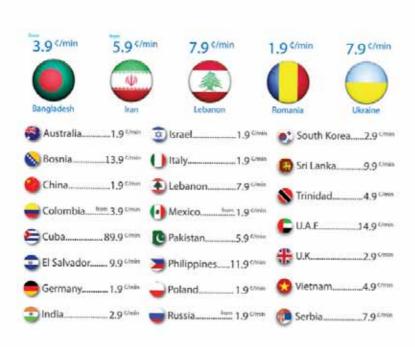
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#### Briton shot dead at resort

Armed men shot dead a British man and kidnapped his wife from a beach resort in northern Kenya near the border with lawless Somalia, officials in the East African nation said yesterday.

Police Commissioner Mathew Iteere said the couple arrived at the resort Saturday after visiting Kenya's Masai Mara reserve. He said they were the resort's only guests.

Other sources said they were staying at the Kiwayu Safari Village resort about 50 kilometres north of the island resort of Lamu.

Iteere said attackers were able to enter their dwelling easily as the door was just a piece of colourful cloth hanging from a rod. He said police believe the husband resisted and was shot.

Iteere said the attackers took the woman away by boat. He did not say where the attackers may have been from.

Å Kenyan security official said a policeman arrived at the scene and saw six men carrying away the woman. He didn't shoot out of fear she could be hurt.

Britain's Foreign Office confirmed the attack in a statement and said they are working closely with Kenyan officials.

"We have deployed a consular team from our High Commission in Nairobi and are offering all possible support to the family of those involved," the statement read. "Our thoughts are with them at this difficult time."

THE ASSOCIATED PRESS

# Hundreds die as ferry sinks



### • Weeping families look for loved ones after Tanzania tragedy

More than 240 people were killed when a crowded ferry sank off Tanzania's coast and some 600 have been rescued, officials said, figures that indicate the boat was filled beyond capacity.

Assistant police commissioner Mussa Ali Mussa, the head of police in Zanzibar, said yesterday that at least 240 people died when the ferry sank early Saturday. His comments were broadcast by state-owned channel TBC.

Relatives had claimed 192 bodies and 28 more were awaiting identification yesterday, said Mohammed Aboud Mohammed, the minister for state in the vice-president's office on the island of Zanzibar. He said around 600 people had

"I am looking for my missing family. So far our hope has been in vain."

OMAR SAIED, SEARCHING FOR NEPHEW AND NIECE

been rescued so far and that the government was still looking for the vessel's captain.

"The government is holding the chief engineer for questioning in order to gather details," said Mohammed.

"The captain of the ferry is still missing and the government doesn't know precisely the owner of the ferry."

Survivors said the M.V. Spice Islanders was well beyond its official capacity of 600 passengers.

THE ASSOCIATED PRESS







# New truck fuel a natural choice

• Haulers using liquefied natural gas slowly coming to a road near you • Option is cheaper and cleaner

Those hoping to see truckers across Canada ditch diesel for cheaper and cleaner liquefied natural gas fuel might be in for quite a wait - though a handful companies are working toward making

that a reality.

Last week, Royal Dutch Shell PLC announced plans to sell LNG - natural gas that has been cooled into a liquid state — at truck stops between Edmonton and Calgary starting some time next year. By 2013, it aims to produce some of its own at a plant west of Calgary.

'It's a solid first step,' said Stephen Laskowski, vice-president of the Ontario Trucking AssociaThe Ontario Trucking **Association says the** new liquefied natural gas could be 35 per cent cheaper than diesel.

Shell plans to make the business case to potential customers through a marketing agreement with Westport Innovations, a Vancouver-based manufacturer of natural gas fuel engines.

"As a result of this initiative, we believe the use of natural gas as a fuel for transportation will accel-Westport CEO David Demers said in a

On the surface, it may seem like a no-brainer for truckers to make the switch: Laskowski figures LNG could be up to 35 per cent cheaper than diesel and emit up to 24 per cent less carbon dioxide.

But there's something of a chicken-and-egg conundrum standing in the

Trucking companies are reluctant to invest in LNG-fuelled rigs if there is no guarantee there will be enough places to fuel up along their routes. Likewise, it's tough to justify building those fuelling stations if it's not certain enough vehicles make use of them.

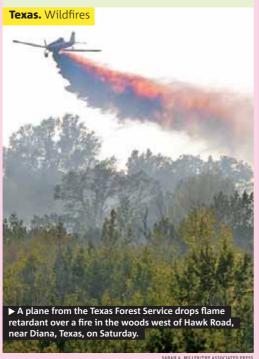
THE CANADIAN PRESS

### **Key Libyan** city falls to rebels

Revolutionary forces battled their way back into a kev stronghold of Moammar Gadhafi lovalists vesterday, seizing control of the northern half of Bani Walid and fighting supporters of the fugitive dictator in the town centre, said the fighters and a resident.

Bani Walid is one of three significant remaining bastions of support for Gadhafi, along with Sirte on the Mediterranean coast and Sabha in the southern desert. The surprisingly stiff resistance has continued despite the effective end of Gadhafi's nearly 42year rule on Aug. 21, when Libyan fighters swept into the capital, Tripoli.

In the capital, anti-Gadhafi fighters captured Bouzaid Dourda, the former head of the regime's external security service, yesterday in the Libyan capital, said Anes Sharif, a spokesman for Tripoli's military council. THE ASSOCIATED PRESS



#### Fires scorching Texas

Texas is in the midst of one of its worst wildfire outbreaks in history. A perilous mix of soaring temperatures, strong winds and a historic drought spawned the Bastrop-area fire, the largest of the nearly 190 the state forest service says erupted this week, killing four people, destroying more than 1,700 homes and forcing thousands to evacuate.

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# Fans honour hockey players

#### ◆ Thousands pay tribute to Czech athletes killed in plane crash ◆ National team jersey numbers retired

Thousands of people packed a central square in Prague yesterday to honour the memory of the three Czech hockey players who died in a plane crash that killed a total of 43 and wiped out a leading club in the top Russian league

Major Czech hockey stars — former and current, including Jaromir Jagr, Patrik Elias and Dominik Hasek — coaches and officials attended a memorial ceremony yesterday organized by the Czech hockey federation at the Old Town Square for Karel Rachunek, Jan Marek and Josef Vasicek.

They helped the Czech

national team win the gold medal at the world championships in 2005 and 2010. Vasicek was on the Carolina Hurricanes' 2006 Stanley Cup team.

They laid flowers on a stage dominated by large black-and-white photographs of the three players with their national jerseys hanging above them, while fans lit thousands of candles in front of the stage to honour them.

"Our grief can hardly be compared with what it means for their nearest and dearest ones," Elias said

After the mourners observed a minute of silence, federation president

Tomas Kral called the three "great and irreplaceable players, friends and people."

People applauded brief videos that were shown on a big screen that summed up the highlights of their careers.

"We thank you," Kral said. The federation announced that the players' national team jersey numbers — 4 (Rachunek), 15 (Marek) and 63 (Vasicek) — will be retired. Mass was celebrated for the three after the 30-minute ceremony in a nearby church.

"They did so much for the nation," said Martin Kosvica, 38, one of the fans. The Associated Press



#### Flood waters hit eastern India

Around 700,000 people have been affected by floods in 14 districts of the eastern Indian state of Orissa even as the government launched relief and rescue measures on a war-footing, according to a news agency.

#### Five accused of enslaving men

Five people — four men and one woman — have been arrested in Britain on suspicion of holding two dozen men in squalid conditions against their will and forcing them to work for no pay, police said yesterday. The Associated press





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# High premium puts dent in wallets

- Tariffs on Canadian goods range to as high as 18%
- **○** Hockey equipment 20% to 45% cheaper in U.S.

It's a fact of consumer life that buying in Canada means paying more than you would south of the border, with a so-called Canadian premium on everything from running shoes to hockey skates, from pyjamas to pantyhose.

Even the stronger loonie hasn't been able to overcome obstacles that include high import tariffs, a number of higher fixed costs and, admittedly, the fact that retailers in Canada can simply get away with charging more.

"The people who should win from a stronger Canadian dollar are consumers," said BMO's deputy chief economist, Douglas Porter. "They don't feel that way."

"We have been above

parity for basically all of 2011, and when you get to those levels it makes the price comparisons very straightforward and it's frustrating for consumers," said Porter, who has been tracking price differences between the two countries since the loonie soared in 2007

Some U.S. retailers such as Hollister are upfront about advertising their two-tiered policy, listing both Canadian and U.S. prices on their price tags.

their price tags.
Others, like American fashion retailer J. Crew, charge an average of about 15 per cent more in Canada compared with its U.S. stores and website.

A Senate committee plans to study the price

gap, a process that will take time and could run into 2012, which would miss the holiday shopping season.

Tariffs on most goods between Canada, the United States and Mexico were phased out under trade deals signed in the late 1980s and early 1990s.

But there are still import duties paid on some goods not covered by these trade agreements as well as a range of clothing and sporting goods that come into Canada from other countries.

There's also the cost of doing business in Canada, which adds to the price of goods, said marketing professor Ken Wong of Queen's University.

THE CANADIAN PRESS



#### Alberta Security Training Academy

# Job woes at home and abroad

Jobs, or more aptly a lack thereof, will be top of mind among traders this week.

In the U.S., Americans are waiting to find out if Congress will pass President Barack Obama's jobcreation act.

North of the border, Canadians will be warily watching for signs of a continuation of the job losses the country suffered in August.

Economists expect a lull in jobs growth will continue in the coming months after a much weaker than expected report on Friday showed 5,500 jobs were lost in Canada last month. The consensus call had been for the creation of 25,000 net new jobs.

And those jobs figures from August, troubling as they were, did not reflect recent turmoil on the stock markets. which saw billions of dollars of Canadian investments wiped out, said TD Bank deputy chief economist Derek Burleton.

THE CANADIAN PRESS

# Federal data plan pricey: Report

An ambitious project to centralize the federal government's far-flung data centres will take at least a decade and require up to \$278 million in new spending, an internal report concludes

The findings raise questions about whether the farreaching plan will help eliminate the federal deficit by 2014, as promised by the prime minister, or simply aggravate Ottawa's money woes in the short term. THE CANADIAN PRESS

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## YOUTH-GANG MEMBERS SPEAK OUT

#### URBAN COMPASS

JANICE PASKEY
METRO CALGARY

"In the middle of class, he would be like, 'Terrorist, terrorist, terrorist,' And I would tell the teacher, and the teacher would just tell him to quit it. And he

would just keep calling me 'terrorist, terrorist, terrorist...'" (Bashir)

The effects of 9-11 resonate. Bashir is just one youth-gang member we hear in remarkable research by Hieu Van Ngo, at the University of Calgary.

Listen:

"You go to Tuscany, you go to Crowfoot, they got the clubs and different things for kids.

"You go down there (southeast), you have not much.... Why not put the same things that they put in rich communities?" (Salim)

"And I'm like there (pointing to the bottom), that's

"So the kids hang together for protection. Do drugs. Smoke. Vandalize. Survive." what I feel like, you know. These ... light-skin guys, they get away with everything. Me, I'm Black." (Awok)

"Yeah, basically if you struggle, and there is another kid that struggled, then 'Let's meet up.'" (Matak). Ngo interviewed 28 Cal-

Ngo interviewed 28 Calgary youth-gang members.

Each immigrated here as a child, and each struggled to belong, at home and at school.

There's so much attention on our aging population. But Ngo points out another important number: foreign-born kids are going to double to 30 percent of Canadians under 18 in a few decades.

Some thrive, others don't. Sure, they'd hoped to play hockey. Or to skate. Both too expensive.

Their parents struggle, and the kids do, too. Violence: They know it.

Then, they don't fit in at home, in their ethnic communities, or at school with whites.

Ngo disputes the claim that kids import problems. Youth gangs are a made-at-home phenomenon, he argues.

Anger? These youth mentioned "anger" 102 times in the interviews.

"They were resentful of unfair treatment due to their disadvantaged position: parent versus child, student versus teacher, police versus civilian, black versus white ..." Ngo writes.

Gyan says: "I look in the mirror, it's like f-k the world straight up. F-k everybody."

So the kids hang together for protection. Do drugs. Smoke. Vandalize.

Survive.

Yet, there is hope.

Some mention connecting with sports, religion, a teacher, a community police officer.

Ngo says when we hear about youth gangs, all we hear about is crime. He thinks we need to hear more about underlying issues. And innovative solutions.

He's done more than his part in setting the scene. Read Van Ngo's work online:

centrefornewcomers.ca



Register at metropolitanpanel.ca and take the quick poll

What is the best fall vegetable/fruit?







#### **Local tweets**



► **@jhuynh1:** Seahawks vs Niners? Worst game ever. Why

can't they show better games in #yyc?

- **@Imdickie:** Enjoying some great music from my balcony courtesy of the #Haultain and #Firststreetfestival. #yyc
- @mzzeducation: Left #UK at 12pm reached #YYC at 2pm... Longest day eeevvveerrrr
- @carmenincalgary: I'm sorry to sound callous, but I have very little sympathy to those hit by c-trains if all the warning lights/sounds are working. #wrc
- @Drea Llu: Interesting week-

end, smores w/ kind half naked male strangers, cd release, dance party with more kind strangers & now haultain fest #yyc

- ► @HayswoodDweller: Ach, it's windy outside. Whatevs, I'm rafting anyways! #yyc
- @ashleyannetaylo: According to the new distracted driving law...your not allowed to use your mp3 player, aka iPod!!! Are you kidding me? #yyc #stupid #driving
- ▶ **@LarsenYYC:** A beautiful day in #yyc. 9/11-10 years ago to-day-where were you? Take 10 seconds to remember, reflect & be appreciative.

# Cartoon by Mi

RE: The Lessons of September 11, 10 Years On, published Sept. 9-11

You have failed to mention the hundred of thousands of civilian casualties, the millions of displaced persons, and the vast economic, agricultural and emotional devastation inflicted by our hands on others (namely Iraqi and Afghani civilians) in this "war on terror."

I guess we have not yet learned the lesson to look beyond ourselves. I was also wondering how the thinking that the U.S. depends on Middle Eastern oil and how it supports Israel is delusional thinking? It is a fact that the United States has a certain level of dependence on oil from that region of the world and it is also a fact that the U.S. supports Israel in various ways. Since this premise is true, it is not "delusional" to believe that these factors were implicated in the events of 9-11. I am simply writing to point out the elephant in the

As Noam Chomsky said, "If you want to stop terrorism, don't participate in it."

SALEEM AL-NUAIMI, MD EDMONTON

#### Cartoon by Michael de Adder



WEIRD NEWS

# Not till they're a little older

Officials in South Carolina are moving a school bus stop that was near a strip club after parents complained.

WPDE-TV reports that children had to wait in the parking lot of a strip club in Atlantic Beach to catch the school bus.

Misty Umphries, a mother who waits at the stop with her children, says she had to explain to her four-year-old the meaning of "topless."

Horry County transportation direc-

tor Jim Wright previously said the stop was the central point of four blocks it needed to accommodate.

Wright was concerned that moving the stop to a community centre that parents suggested would require some children to walk farther.

District officials have since decided to create two bus stops in the area. Neither is at the strip club.

A mother of three, Windy Price told WPDE-TV that the bus stop shouldn't be where it is.

"I don't want my children being picked up behind that. I'm not knocking what they do, but I just don't think it's appropriate," she told the local news station.

THE ASSOCIATED PRESS



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Publisher Steve Shrout, Managing Editor Darren Krause, Advertising Sales Manager Chris Mackie, Distribution Manager Dave Mak • METRO CANADA: President & Publisher Bill McDonald, Editor-in-Chief Charlotte

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#### CIBC RUN FOR THE CURE TAKES PLACE ON OCTOBER 2

In 1996, Mike Stevenson, Senior Vice-President for Western Canada, CIBC, signed up for the CIBC Run for the Cure in Kelowna, it was important to support CIBC's involvement in the event and it was a good cause. But on race day, a note "I'm running for my mom" on a runner's bib hit a nerve and led Stevenson to a more heart-felt commitment. "I realized

just how real it is and how this disease affects so many people."

That emotional connection is one that many Canadians have felt... and acted on. The Canadian Breast Cancer Foundation CIBC Run for the Cure today is the largest single-day volunteerled event raising money and awareness for breast cancer in Canada. Last year, close to 170,000 participants raised \$33 million to fund research, education and awareness programs.

Runs will be held in 59 communities across Canada this year on Oct. 2. Participants will run or walk (most participants actually walk) a 5k or 1k, and it will no doubt be fun, exciting and, at times, emotional.

Teams and other groups of family and friends, some with kids in strollers and dogs, will walk the route together. Some will wear pink wigs or boas; others will carry pink balloons and banners. There will be lots of survivors walking too (and wearing a different colour). Somewhere near the start line participants will post poignant messages for loved ones and others, on the Wall of Hope.

"My kids sign the Wall of Hope in the Durham, Ont. run every year," says Kevin Dove, Senior Director, External Communications, CIBC. "And we always look up previous years' messages. My wife's mother died of breast cancer at an early age. For my kids, participating in the run is a

connection to a grandmother they don't know."

At the end of the day, everyone is running for someone.

"Someone in our office was diagnosed with breast cancer last August," says Colette Ferron, General Manager for CIBC in Toronto, and Run Champion for some 80 branches in the city. "This year, I'm sure a significant number of CIBC employees will be wearing her name."



The newest run location is outside of Canada — in Kandahar.
Check out runforth cure.com/site/
TR?fr\_id= 1370&pg=entry
to sponsor someone on the team!

# THINK PINK

On Sept. 13, onlookers will likely stop in their tracks as several hundred breast cancer survivors march around Banker's Hall in downtown Calgary.

"The survivors' parade always sends a powerful message of hope to the community as it raises the awareness of breast cancer and the CIBC Run for the Cure," says Nicole Davis, Senior Manager, CIBC Western Region.

The parade is just one of many activities taking place during Think Pink Week to generate excitement and awareness around the upcoming CIBC Run for the Cure.

While most CIBC branches across Canada will be decorated in pink and hold bake sales (think pink cupcakes) and encourage donations in other ways, there will be lots of other fund- and awarenessraising activities too.

In Commerce Court, in Toronto, for example, there will be an area set up with healthy food displays, a breast cancer awareness booth and other information. In Montreal, an evening gala with dancing and music will be held. Sophie Blouin, Senior Manager, Eastern Region, says 1,000 guests are expected to raise \$80,000.

In Dartmouth, a first-time event will provide information to passers-by. There will be refreshments such as pink lemonade as well as a raffle for a Ford Mustang!

CIBC branches in Edmonton and Vancouver will have afternoon barbecues and feature different speakers including survivors.

"Think Pink Week lets people come out and make a difference in the fight against breast cancer," says Glen Trueman, CIBC Branch Manager, Charlottetown. The city is always decorated with lots of Think Pink banners and signs during the week. "It gives all of us in the different branches the opportunity to work in our communities to increase awareness for a cause we're all fighting for very heavily."

### TIME TO STEP UP

#### WHO ARE YOU RUNNING FOR?

This year's CIBC Run for the Cure participants are being encouraged to not only write the person's name on their bibs but to

on their bibs but have it on their shoes too!

It's a unique and fun

campaign, says Diane Gordon,

Vice-President, National Development, CBCF – Central Office. "We're encouraging people to paint their own shoes, whether it be running shoes or stilettos or anything you want to paint, to show as an expression of who are you running for."

Check out this video for information on how to paint and decorate your shoes:
youtube.com/watch?v=8Jm6UWROCB8

#### BUDDY HOLLY THINKS PINK TOO!

For four years running, the Charlottetown Festival in P.E.I. has generously offered one of its performances as a special awareness show for the CIBC Run for the Cure and breast cancer research. This year Buddy: The Buddy Holly Story has been renamed Buddy Thinks Pink for one night only.

"The hope is that Buddy Holly himself is in the lobby after the show to help collect donations from patrons as they

leave," says
Glen Trueman, CIBC
Branch
Manager in
Charlotte-

town. "It's a tremendous awareness piece for us and draws a lot of at-

The show is at the Confederation Centre of the Arts.

# "THE CIBC RUN FOR THE CURE IS NOW PART OF THE FABRIC THAT **MAKES UP OUR**

says Veni Iozzo, Senior Vice-President, Marketing and Strategy, CIBC.

That's not hard to believe when you consider the run started in 1992 and CIBC has been title sponsor for 15 years and a national sponsor prior to that.

In that first year in Toronto, about 1,500 participants raised \$83,000. In 1993, the run expanded to Vancouver and that's where CIBC employees got involved showing their support for a colleague who was living with breast cancer. That participation spread across the country and inspired CIBC to become a corporate sponsor.

"This is really a grassroots program. It started with the passion of a few employees and it drove our corporate sponsorship," says Iozzo.

The strength of the partnership and the deep commitment has evolved over the years, says Diane Gordon, vice president, National Development, CBCF - Central



Office. "We're up to raising \$33 million last year... what it takes to have something like that happen is a really true close partner like CIBC who makes it a part of their corporate culture to provide that support in helping to make it grow."

Team CIBC is responsible for team

registrations, the Pink Collection, training branch employees on donation procedures and contributing to run planning. But all year it supports fund- and awareness-raising. For example, the Pink Tour is a mobile education campaign that stops in different towns and cities. CIBC also partners with St.

Margaret's Hospital to produce information booklets for patients and survivors.



More than 13,000 CIBC employees (and their friends and families) volunteer for CIBC Run for the Cure.

# **GET IT WHILE IT'S PINK**

When CIBC management in 2007 decided to put the kibosh on fund-raising with pink products by individual branches, there was an uproar by employees.

"So we decided to create a collection, which we called the Pink Collection," says Angela Sarino, Senior Manager of Cause Sponsorship, CIBC. "It provides a fun way of interacting with people, and it's easier, I think, for people to raise money when they have something they can give back in exchange."

CIBC works with suppliers to create products and takes ideas to its employees for their input too. "There are regional taste differences but mostly we want to make sure our employees, who are the face of this campaign, are confident in promoting the products as well."

It's also imperative to the program that the most possible money is going back to CBCF. "The unit cost of each product must be 50 per cent or less of what we think we can get for it," says Sarino, "...

so at least 50 per cent of what the consumer gives is going back to the cause, which is the Canadian Breast

CIBC Pink Collection hangtags identify the products and the cause, and they also show the suggested contribution amount. "We're not selling these products... they're a 'gift' with contribution. And, people usually contribute that amount we suggest if not

CBCF is involved in this program right

through the Pink Collection campaign.

Cancer Foundation."

from selecting the products. Last year, \$1.66 million was raised



#### **NEW CIBC AWARDS ENCOURAGE STUDENTS TO GET INVOLVED TOO!**

"There are so many things that helped fuel the growth (of the run) over the years," says Diane



The program will award 15 education awards totalling \$150,000, to top student fundraisers across the country. Also, the top fundraising school in each region will be recognized.

The overall goal is to encourage students to participate in the run in a meaningful and fun way. It will also build awareness of the importance of taking steps to reduce risk of breast cancer by leading healthy lifestyle.

For more information, visit runforthecure.com/site/PageServer?pagename=2 011 Teams Challenge.



**Box office** 



Contagion has infected enough moviegoers to catch the top spot at the box office. Studio estimates released yesterday show that the Warner Bros. pandemic thriller coughed up \$23.1 million in its first weekend.

# A 'violent' Drive to remember

• Film garnering positive reactions • Gosling and film's director forge union



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For a guy who plays a stunt driver that moonlights as a getaway driver in Drive, Ryan Gosling says he didn't get a whole lot of time behind the wheel in the film.

"I drove myself to set and I drove myself home," he says with a laugh.

But seriously, though.

"I went to driving school, and I did a lot of the driving. But the cool stuff, I didn't do," he says.

"But it was one of the best prep experiences I've ever had, because I'd basically just show up to this big parking lot, and there'd be a new Camaro or a new Mustang and we'd just ride it to the rims until it was smoking or it wouldn't go anymore, then we'd just go home and they'd tow it away and call us when it was fixed."

Drive was something of a meeting of the minds for Gosling and the film's director, Nicolas Winding-Refn.

"We set out to make a violent John Hughes movie, and I think that's what we did," Gosling says.

The movie wouldn't have happened if REO Speedwagon hadn't come on the radio during a drive



the actor and director shared one night while discussing the project.

"So something happened in that car, and Nicolas and I were sharing the same dream and we spent the whole movie trying to figure out how that was possible."

Gosling and Winding-Refn's shared dream apparently worked out great, as the actor and director are jumping into more

projects together already.

They're now developing a remake of Logan's Run
— a project previously kicked around by a number of filmmakers, including Bryan Singer.

And they're getting ready to shoot a film about Thai kickboxing.

No, really.

"I'm going to start fighting soon. We start in January," Gosling says. "I don't know what he's calling it yet. But that's the fun of working with Nicolas. You discover it every day. That's why he likes to work chronologically, so that the movie is evolving naturally."

With Drive already getting such positive reactions wherever they take it, there's even been talk of a sequel — even if it was originally just in jest.

"We were joking for a while — but maybe it's

not a joke — that it would be a prequel called Drive 2 where it's about Bernie and Ron Perlman," he says.

Of course, like the first film, any possible Drive followup needs to start elsewhere, Gosling explains.

"I did hear that James Sallis was writing some kind of a sequel, so I think we have to defer to him first," he says.



### EUROPEAN CLUB "OAK LEAF" HAS RECENTLY OPENED IN CALGARY.

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# Shatner: Weird or What?

#### Canadian-born actor's career keeps boldly going in new directions

You might say William Shatner's entire career could be summed up in three words: Weird or What?

That's also the title of the show he hosts on History Television, returning for a second season tonight at 10 p.m. ET. The series examines the unexplainable.

Why do large rocks appear to "skate" across a desert, or skinny young teens suddenly have the ability to lift cars in an emergency? Is there a psychic connection between dolphins and humans? And why did CBS cancel shatter sitcom S#\*! My Dad Says?

Scratch that last one, it's not explained on the show and hasn't been explained to shatter satisfaction by CBS. The comedy was among the highest-rated shows in Canada last season but was pulled last spring after one season.

"We were staggered by it," Shatner, 80, says of the cancellation. "There was close to 10 million people watching the show. I loved it and was very sorry it is not going on."

But Shatner was able to roll with it and move on. Besides the return of Weird, he's also been busy with a new book and CD, receiving honours and, as always, feeding his horses and dogs.

Compared with doing a network sitcom, the Weird or What? schedule is a pretty gentle gig. Cameras roll into his house and garden and capture the TV icon setting up one of three stories per episode and then asking viewers, "Was that weird, or what?"

It's the kind of show the endlessly curious Shatner would watch even if he wasn't hosting it. "There are so many mysterious things out there that stagger us and beggar our imaginations,"
he says.

"Quantum physics is showing up just

**Busy man** 

In his recent documentary

The Captains, Shatner in-

terviews the other actors

who have played starship

captains throughout the Star Trek franchise.

He'll also be guest starring

Global police drama returns

on Rookie Blue when the

in 2012 for a third season.

Shatner has a new book

coming out called Shatner

standing the Shatnerverse

and the World at Large.

Rules: Your Guide to Under-

how strange and unpredictable the universe really is "

A recent weird or what moment involved his wife Elizabeth, who woke from a dream about mice frothing at the mouth. The couple were out of town and when Shatner returned home the next day he found his dogs were frothing and had been poisoned.

"My wife's dream 48
hours earlier
had presaged what
had hap-

pened," he says.

The two-time Emmy winner received an honorary doctor of letters from McGill University and the Governor General's Performing Arts Award for a lifetime of artistic achievement.

So do all these awards mean Shatner is finally ready to wind down his career? Bite your weird or what tongue. Shatner's new album, Searching for Major Tom, boasts contributions

> from Alan Parsons and Peter Frampton,

among others. The sci-fi themed CD has Shatner doing his unique spoken word "singing" to such classics as Space Cowboy, Rocket Man and David Bowie's Space Oddity.

THE CANADIAN PRESS

### **Calling names**

How important is a movie title when it comes to attracting an audience?

It's a question Terry O'Reilly, host of History Television's new show What's In a Name?, can answer. "Movies titles are an art unto themselves. With so much riding on an opening weekend (which will determine the length of the movie's run) a title does al-

#### The good

"One of my favourite titles of all time is Back To The Future. It was so clever, and so perfect for that sto-

ry. It contains some friction, which is its magic—how can someone go 'back' to the future? "But that was exactly the storyline. A remarkable feat in only four words."

the Future

#### Name games

What's in a Name? premieres tonight at 8 p.m. ET/PT on History Television.

most all of the heavy-lifting. It can even override a trailer in persuading someone to buy a ticket," says O'Reilly, a brand expert, radio host, and author.

#### The bad

"One of my least favourite titles was for a film I loved — The Shawshank Redemption. I avoided this movie for



ages, as I got no 'feeling' from the title. It was meaningless, and not intriguing. I have often wondered if the title mowed down the opening weekend sales. But ironically it's a fantastic movie." 

METRO

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# Monster match for Gaga?

Singer reportedly dating Vampire Diaries actor Taylor Kinney

Lady Gaga reportedly has a new man in her life: Vampire Diaries actor Taylor Kinney, according to Radar Online.

The two met when Kinney was cast in the video for Gaga's new single, You and I. Things seem to have gotten more serious, according to a source who spotted the pair out at a seaside bar in California recently.

"It was just casual at first, but things are getting pretty hot and heavy," the source says.

'I couldn't tell it was her at first. It just looked like some hot couple making out, but then I realized it was Lady Gaga. Everyone went nuts. She was so sweet too - she even signed some autographs."



# **Biebs wants to** be a young dad

Daily. **Justin Bieber** 

Justin Bieber is thinking about the future.

"By 25 or 26, I want to see myself, like, married or start looking for a family," the 17 year old tells Women's Wear

"I want to be a young dad. I want to be able to have done what I wanted to do — to be successful.

to do a movie or whatever. But if the time is right, I definitely want to be married by 25."

But with all this talk about settling down, the teen sensation is making one thing clear: "I'm not looking to get married now.' he insists.

@AlbertBrooks



# CETETA 'The queen of cougars'

#### A SPECIAL FEATURE DEVOTED TO LOVE, SEX & RELATIONSHIPS IN TODAY'S WORLD.

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Her directing work may be receiving luke-warm reviews, but Madonna has other career opportunities, apparently.

Dating website CougarLife.com has reportedly approached the singer about becoming its spokeswoman, explaining that Madonna is "without a doubt the queen of cougars.

The site is offering her \$300,000, plus an additional \$750,000 if she releases a song by Valentine's Day for the site. METRO



#### **Celebrity tweets**



Preparing to see

#Contagion. I've covered myself in red spots, fake sweat, & I'm working on my loudest in-movie-theater hacking cough #itchy



Well I lost to "Deadliest Catch" ... which is another name for

My email doesn't work here in

Canada so please excuse

while I answer my cousin. "NO. No more monev vou loser. Drop dead."



@margaretcho

wish a food truck would just drive into my mouth i am starving but

### Leo is no thief

A jewelry store employee in Sydney, Australia thought she was about to be robbed recently when a man entered wearing a hoodie, baseball cap and sunglasses, but it turns out it was just Leonardo DiCaprio, according to Hollyscoop.

Before realizing her mistake, the clerk sent a customer to alert the shop's

"The customer actually

leaned in and said, 'Do you want me to call the police?" the store's owner says. "So she rushed in next door, and said, you know, 'There might be a hold up next door.

The \$1,600 necklace that DiCaprio ended up purchasing was a gift for his mom and not rumoured girlfriend Blake Lively, according to the store employees.

# Back to school movies

• A few flicks that may help your kid to prepare for the semester



**Dead Poets Society** Prep-schoolers struggle with academic and parental pressures, finding relief in the wise words of their English teacher (Robin Williams). **QUOTE:** Says the prof: "No matter what

anybody tells you, words and ideas can change the

**LESSON LEARNED:** Carpe Diem! Sieze the day! GOOD FOR: Ages 13 and up. There's a suicide, but it's an instructive one.



#### **Mean Girls**

You've either been one or been tortured by one. Lindsay Lohan plays the new girl, seduced by popular kids until she finds out how shallow they are. QUOTE: "If only you knew

how mean she really is... LESSON LEARNED: Be yourself, even if you have to sit at the nerd table.

GOOD FOR: Ages 11 and up. Show it to your little girls before they becomes one of the Plastics.



#### **Back to School**

An old fart (Rodney Dangerfield) returns to college because...well, there's no real plot reason.

QUOTE: "I think I'm attracted to teachers," says Rodney. "Yeah, I took out an English teacher. That didn't work out at all. I sent her a love letter... She corrected it!" **LESSON LEARNED:** If you apply yourself, you can do anything.

GOOD FOR: 14 and up. Warning: This film contains sexual content and bad jokes



#### **Billy Madison**

Over a few months, an immature goofball (Adam Sandler) repeats grades one through 12, to impress his dad and inherit a company. QUOTE: "I don't know," says Billy, "I kinda feel like an idiot sometimes. Although I am an idiot, so it kinda works out" **LESSON LEARNED:** Responsibility. It's sometimes more fun than drinking. Because it may lead to scoring the hot teacher. GOOD FOR: Who are you kidding? Your child has seen this already.



#### **Rushmore**

A precocious youth (Jason Schwartzman) acts wise beyond his years — until he falls in love with an older woman and finally flails. A divorcing man (Bill Murray) is his best friend and competition. QUOTE: Says Max: "My top schools where I want to apply to are Oxford and the Sorbonne. My safety's Harvard."

LESSON LEARNED: Act your

GOOD FOR: Those 14 and up. Unless your kid is like Max. In which case, 8.



#### The Graduate

Benjamin (Dustin Hoffman) finished high school. What's next? An affair with an older lady. **QUOTE:** "It's like I was playing some kind of game, but the rules don't make any sense to me," cries Benjamin. "They're

being made up by all the wrong people. I mean no one makes them up. They seem to make themselves

**LESSON LEARNED: It's OK** to feel lost.

**GOOD FOR:** Ages 13 and up. Assuming they'll sit still for an old movie.

my life," says Cameron. "I'm going to take a stand. I'm going to defend it." LESSON LEARNED: Carpe



life

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at for kids who want to

trick their friends — or

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budgets go back-to-school



#### Ferris Bueller's **Day Off**

Three high schoolers, led by the ballsy Ferris (Matthew Broderick), skip school and truly live. **QUOTE:** "I am not going to sit on my ass as the events that affect me unfold to determine the course of

Diem! Again!

GOOD FOR: Never let your kids see this movie. God forbid they get minds of their own.

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# Take the lentil dip plunge

▶ From the grain fields of Saskatchewan to specialty stores across Canada, camelina oil enhances the taste of food ▶ Try it in this tasty dip

Roasting garlic makes it wonderfully mellow, which you want for this Roasted Garlic and Red Pepper Lentil Dip recipe rather than the pungent flavour it has when fresh.

Camelina oil has a slight nuttiness and is not overly heavy, so it is an ideal addition to dips and dressings.

Serve the dip with slices of baguette, crackers or raw vegetables. It's also great mixed into rice or quinoa salads.

#### **Preparation:**

Lightly oil garlic and red pepper with small amount of the camelina oil; place on a baking sheet and roast in a 180 C (350 F) oven for about 30 minutes, turning often, until garlic skin is



brown and flesh is softened and pepper is lightly charred. (Add any oil residue left on the pan after roasting to dip while processing for additional flavour.) Set garlic and pepper aside until cool enough to handle. Squeeze out

#### **Ingredients:**

- 50 ml (1/4 cup) camelina
- 6 to 8 cloves garlic
- 1/2 sweet red pepper
- 500 ml (2 cups) cooled, cooked red lentils
- Salt and pepper, to taste

cloves and peel pepper.

- In food processor, process lentils, roasted red pepper, roasted garlic until smooth. Slowly add remaining oil while continuing to process to ensure emulsification and smooth texture.
- Season with salt and pepper. THE CANADIAN PRESS/ THREE FARMERS CAMELINA OIL

#### Rose Reisman's Swap It

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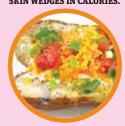
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# A surprising combo that wows

This unlikely pairing of kebabs and avocado is ideal for get-togethers

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#### **Preparation:**

- If using bamboo skewers, soak them in water for about 30 minutes prior to using.
- In a medium bowl, combine all avocado tzatziki ingredients. Chill until ready to serve.
- In a bowl, combine beef, oregano, chili flakes, onion powder, garlic

powder, sea salt, cumin, black pepper, breadcrumbs and egg, taking care not to overwork meat. Roll mixture into 18 golf ball-sized meatballs.

Preheat barbecue to 200 C (400 F). As barbecue is heating, skewer meatballs (3 per skewer). Grill kebabs on vegetable or stone grill plate for 10 to 15 minutes, turning frequently, until internal temperature registers at 85 C (180 F).

Alternatively, preheat oven to 190 C (375 F). In a large pan over medium-high heat, sear kebabs for 2 minutes per side. Remove from heat and bake for 10 to 13 minutes or until internal

#### Ingredients: Meatball Kebabs

- 500 g (1 lb) extra-lean ground beef
- 15 ml (1 tbsp) oregano
- 2 ml (1/2 tsp) chili flakes
- 2 ml (1/2 tsp) onion pow-
- 2 ml (1/2 tsp) garlic powder
- 5 ml (1 tsp) sea salt
- 2 ml (1/2 tsp) cumin
- 1 ml (1/4 tsp) black pepper

temperature registers at 85 C (180 F).

- 50 ml (1/4 cup) breadcrumbs
- 1 large egg4 pitas
- 6 skewers

#### Avocado Tzatziki

- 1 large avocado, mashed
- 125 ml (1/2 cup) diced cucumber
- 45 ml (3 tbsp) plain lowfat yogurt
- 1 garlic clove, minced
- 6 mint leaves, chopped
- 1 lemon, zest and juiced
- 2 ml (1/2 tsp) salt
- To serve, place 1 kebab in centre of each pita and remove skewer. Divide tzatziki evenly



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# Shoring up our resources

#### ♦ Want to help out? ♦ Get involved in the Canadian Shoreline Cleanup



Have you ever strolled along a lovely shore, and had the wind taken somewhat out of your sails by the sight of even a single piece of litter?

You're not alone. In urban environments, shorelines offer the closest, most convenient bit of nature most Canadians see on a daily basis.

That's why keeping them clean is so important. And that's why the Vancouver Aquarium, WWF-Canada and Loblaw are teaming up this month to offer a simple, hands-on

way to get involved.
The Great Canadian Shoreline Cleanup runs from Sept. 17 through 25.

"There are many great things about this program, but the one I really like is that it is available to absolutely everyone," says the Vancouver Aquarium's Jill Dwyer, program manager for the cleanup.

"I've seen parents cleaning up shorelines along with their babies, and this year we have a site co-ordinator in his '80s.'

Getting involved is easy. Visit the website — shorelinecleanup.ca - and register either as a participant or local co-ordinator.

Co-ordinators get to organize and run their local

Participants just need to show up.

"It started back in 1994

#### Last year

Find out what the cleanest and the dirtiest areas are in Alberta and then join in and help clean up Canadi-

Statistics In 2010's Great Canadian Shoreline Cleanup, the cleanest shore in Alberta was at Eagle Points Blue Rapids Park, Drayton Valley, with just 0.2 kg of waste per kilometer. The dirtiest was Conjuring Creek in Calmar - 500 kg/km.

with just a handful of Vancouver Aquarium employees, who were taking part the International Coastal Cleanup," she re-

"Then it grew to be a B.C.-wide program, and in 2002 it went national. Every year since 2003, we've had cleanups happening in every province and territory across Cana-

Shoreline litter is unsightly and annoying, but it can also be deadly for birds and aquatic animals.

"We're trying ensure it doesn't get into the water and become aquatic debris," Dwyer says.

"That can lead to toxic chemicals in the water, it can entangle the animals that live there, or they can ingest it and either choke or falsely think they are full, not getting the nutrients they need.

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tribution.

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# Things not to do in the first weeks

O You're finally out of the house and settled in your dorm O Make sure you avoid a few freshman faux-pas as you embark on this new chapter

Here is some advice on what not to do to make sure you have a good post secondary experience. Don't:

#### Live online

Chatting online with high school friends or using Skype to see a familiar face from back home is all well and good, but don't overdo it.

Do your best to avoid the temptations of social networking sites like Facebook and make some real life memories.

#### Be picky about plans

You might not find your best friends right away, but don't let that stop you from going out to find them.

It's important to get out and meet your classmates while everyone is still as new to campus as you, so even if you're not in love with the group — go!

#### Keep your door closed

During the first week,



keeping your dorm door open is an easy way to let hallmates come in and meet you.

#### Buy out the bookstore

It's tempting to buy anything and everything with your school's name, but it's not something you

want to be known for.

There's always one overzealous frosh that students can count on to be decked out in college swag from head to toe on any given day — don't let that be you.

Wait to get a job on campus

Returning students know how important it is to lock down a job as soon as possible, mostly from learning the hard way their freshman year.

The best work-study gigs are limited and go fast, so don't put it off.

METRO

# Figuring out the freshman

For their book The Freshman Survival Guide, authors Nora Bradbury-Haehl and Bill McGarvey of BustedHalo.com interviewed professors, administrators, campus ministers and students alike in order to give incoming freshmen a primer on practicalities they'll need to know their first year of college — and also to help them tackle the bigger questions. We went to McGarvey with some questions of our own.

### What's the biggest mistake freshmen make when they start college or university?

They assume that everybody is going to be trustworthy, and a few weeks or months into the semester, you might realize that person you befriended can be not really worthy of your trust. You spend 18 years getting to this point and you have friendships and networks with people that know you and who you are: Don't just chuck them out the window because you're in college and everything is exciting and new.

# Why did you choose to include matters of faith in your book? A lot of similar guidebooks don't.

That's kind of the reason why. There's a lot of books



out there about getting into school and making yourself a success in college, but there was nothing in there that dealt with the whole student. These books almost seem to assume that these students were a collection of brain cells and hormones. College kids are less religious but they're definitely getting more spiritual.

### What should every freshman know upon starting post-secondary school?

You're spending good money to get an education and there are enormous resources at your fingertips. You're gonna run into challenges, but there are places to turn and people that are there to help you.

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# 'Giving is the only way of getting'

• Multimillion-dollar business owner Radhe Gupta has always come to the table with a commitment to generosity



#### TURNING POINT

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As a young boy growing up in India, Radhe Gupta was already thinking like a business-

"If I needed one dollar for school, I'd borrow three. One for school, one for a cushion for myself and the third dollar I would lend to someone that needed it."

Gupta has turned that simple business practice into a multimillion-dollar real estate company in Ed-

#### **Expert advice**

A mentor and millionaire's advice for aspiring entrepreneurs

If you need a penny, borrow three

He started buying real estate in 1989, and then got into condominium development.

From there he skillfully guided the company into developing whole communities and commercial property.

The Rohit Group of Companies grossed more than \$150 million last

"My advice to future entrepreneurs is, never start any business cash short. You have to make

- ▶ Be fair, plus a little bit more
- If you buy right, you can consider it half sold
- Giving is the only way of aettina
- Pay on time. Money is best where it belongs.

sure you have extra means to cover the short-

Gupta is telling his story and mentoring others now because he wants to give back to the community and country that gave him and his family so much.

He has a final message for every aspiring entrepreneur and business person reading his story

"I want them to think, 'If he can do it, so can I.'

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# Put your money where your heart is

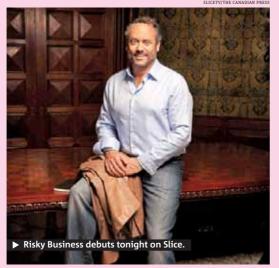
• Former Dragon's Den co-star W. Brett Wilson invests in new series • Show 'celebrates entrepreneurship'

Former Dragons' Den costar W. Brett Wilson says he's proud of his work on the CBC-TV business investment series, and he's thankful for what the show did to raise his brand.

But the Calgary-based businessman and philanthropist feels his new Slice series Risky Business falls more in line with his personal principles than Dragons' Den ever did.

"I had said publicly, 'If I'm going to do more TV, it has to celebrate entrepreneurship," said Wilson, who split from Dragons' Den last February after contract talks failed.

"For me, Dragons' Den isn't living up to the potential of celebrating entrepreneurship. It's raising the profile but we're not really doing all that we could do and that's really the lost op-



"But that's OK, it's not my show. ... Now (with Risky Business) we get a that actually celebrates entrepreneurship right from start to finish and I jumped all over it."

Debuting tonight (at 9 p.m. ET) on Slice, Risky

#### The nice guy

Business without the bite

On Dragons' Den, Wilson was known as the generous and nice one, striking more on-air deals (60 of them, 30 of which closed) than the rest of the firebreathing bunch.

Business sees Canadian couples - from spouses to siblings and friends — betting their savings on one of two investment opportunities proposed by two different entrepreneurs.

The amount of money the couples cough up ranges from about \$10,000 to \$20,000, and they invest it for just 30 days.

Wilson advises the duos as they decide which investment to pick and then strikes his own deal with the entrepreneur they re-

After the 30 days is up, Wilson meets up with the investors to assess the results of each of their deals.

'What the show's doing is opening people's eyes to all the other things you can do that are real business, real opportunities," Wilson said during a break from shooting the show at a mansion just west of Toronto this summer.

"The investors are coming to the show with a whole range of dreams, if you will. In one case, someone wants to help their father buy a retirement home in southern Florida. Another, they want to start saving for a child's education."

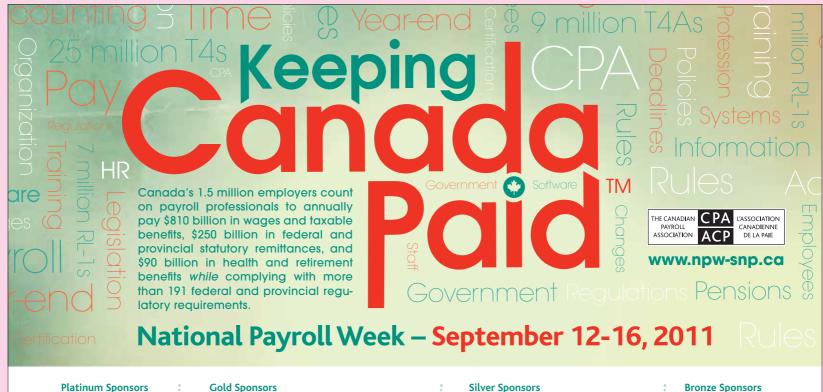
Risky Business is based on the British TV show Beat the Bank. Investment opportunities on the Canadian version include house and car flips, a pool tournament, a poker gala and a charity event.

Wilson — who is chairman of Canoe Financial and Prairie Merchant Corporation - said he invested \$150,000 to \$200,000 of his own money during the 13 episodes of the show.

The co-founder FirstEnergy Capital Corp., can't reveal the results from the deals made on the show, but said "there's been some winners and there's been some not-winners."

"I hate calling them losers, but there are some deals that haven't worked out and that's just reality. Frankly, we're not going to pretend that it isn't real. It has happened."

THE CANADIAN PRESS

























# Grey hair not a sign of wisdom

#### • Author says that wisdom comes from knowing how to use experience

#### **BOOK** REVIEW



When comes picking leader, a general assumption has been to look at someone with

lengthy resumé, let's say one with a slew of CEO and assume stints. that success will be immi-

According to The Intangibles of Leadership author Richard A. Davis Ph.D., this assumption which he refers to as the grey hair fallacy — is not uncommon.

"People assume that

grey hair is a determinant of success" says Davis.

"CEOs are hired because they have been CEOs before, many times regardless of what industry or company they come from.'

Davis gives the example of Starwood Hotels & Resorts, owners of Le Meridien, Sheraton, Westin and W Hotel brands, hiring of Steven Heyer, then COO and President of Coca-Cola, to lead the global hotel company.

Despite having been publically lauded by Starwood Chairman Barry Sternlicht as "a marketer who has championed some of the world's most valuable and global brands.

Heyer did not work out. When it came to fit, Heyer's leadership style, a direct and hard-nosed approach, was not a match

for Starwood culture.

Davis points out that "leaders aren't wise as a result of their experi-

"They are wise because of their ability to utilize those experiences.'

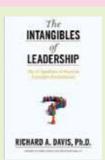
More importantly age is not a precursor.

A management psychologist by trade, Davis' book describes what he refers to as the "intangibles of leadership" which are "interstitial characteristics - traits that fall between the lines of existing leadership models.'

Wisdom being one of these characteristics, others include executive maturity, integrity, self-insight, fallibility and fortitude.

Davis' insights poke a few holes in the traditional resumé scan, and describe a kind of leader that would be an asset to any organization.

CRAIG LUND, IS THE PRESIDENT OF MARKETING SERVICES FIRM MAR-KETING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETING-TALENTINC.COM OR ON TWITTER @CRAIGLUND



Davis' insights poke a few holes in the traditional resumé scan, and describe a kind of leader that would be an asset to any organization.





## **Complement Your** Curriculum with Metro Classroom Copies



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# Lights, camera, active learning

• Educators nation-wide are buzzing about the incorporation of video into the classroom environment

Zara Cruickshank's Grade 8 science class is a little different from those of yesteryear. Students regularly make mini films or pod-

casts for class projects, reams of notes are a thing of the past and video is an important part of learning. As the new school year

begins a number of Canadian classrooms are increasingly implementing video as an educational tool to keep their digitally-savvy

students engaged and interested.

"It's just easy to focus when it's visual," says Cruickshank. "You can be



camera to practice their oral French skills.

TEACHER

**CONTINUING EDUCATION** 

Shauna has already completed a number of life goals but her career is one area that has taken a back seat. Now, she's ready to roll up her sleeves and get into a field where she can put her organizational talents to use. So, Shauna did her research and

# Shauha means business -now MORE than ever

discovered that Bow Valley College offers a variety of career certificate programs available through its Continuing Education department. During evenings or weekends she could pick up a certificate in Human Resources, Accounting, Customs and Logistics, or even Project Management. She called up a BVC advisor and learned that many Bow Valley College Continuing Education certificate programs can even be completed online. Shauna took the first step toward switching into an exciting new career by registering in a Continuing Education program dreams for a better career will soon be a reality.

LEARN MORE. EARN MORE. DO MORE.

creative and have fun doing it because you're putting your ideas together to something school, to make school easi-

The 13-year-old at Regina's Ecole Wilfrid Walker is talking specifically about Joanna Sanders Bobiash's classroom.

Bobiash — who travelled to Seattle's Google Teacher Academy this summer to brush up on her web and video skills at the first ever YouTube Teacher Studio plans to use video a lot more extensively in her classroom this year.

"Everyone has different learning styles, they learn best in different ways," she says. "Video provides the opportunity to almost deliver both (visuals and text) at the same time. You have visual, you could have written and you have audio at the same time and students can refer to them at their own pace.

The days of classroom video consisting of a TV and VCR rolled in for a lengthy film students could

"Everyone has different learning styles... Video provides the opportunity to almost deliver both (visuals and text) at the same " JOANNA SANDERS BOBIASH,

zone out on are over. Bobiash, who teaches science and social studies, uses digital video to deliver information in short, interactive bursts and encourages students to make their own films for projects which can later be posted online through her YouTube chan-

"Before they could only express themselves in the written form, but now they can express themselves in different ways," said the 35year-old teacher. "They're really drawn to video when doing research, it helps blend different learning styles better than just reading a bunch of text online." THE CANADIAN PRESS



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# Dwell on playoffs nevermore

#### ♠ Ravens take off after forcing Steelers to six second-half turnovers

The Baltimore Ravens had just beaten their bitter rivals in record-breaking fashion, and some of the players felt inclined to put some perspective on their 35-7 manhandling of the defending AFC champion Pittsburgh Steelers.

Although their blowout victory yesterday provided some payback for January's playoff loss, coach John Harbaugh said the Ravens are focused on this season.

And Baltimore could not have started it any better.

Joe Flacco threw three touchdown passes, Haloti Ngata led an inspired defence that forced a team-record seven turnovers, and the Ravens rolled to a win.

"The whole thing about ghosts, demons, monkeys on your back — that's not real to us," Harbaugh said.

Ray Rice ran for 107 yards and scored twice for the Ravens, who took an early 14-0 lead. It was a rematch of last season's second-round playoff game that the Steelers won 31-24.

That day, the Ravens let a 21-7 halftime lead slip with three third-quarter turnovers. At halftime yesterday, Baltimore's Ray Lewis spoke up.

"They were saying, 'We've been here before,'" the linebacker said. "No, we haven't been here before. This is a whole new year."

This time, the Ravens got three takeaways in the third quarter to turn a 21-7 advantage into a rout.

Ben Roethlisberger, who had won seven straight against the Ravens, was 22 for 41 for 280 yards and threw three picks.

"I guess they were waiting for this one," Roethlisberger said. "It's not the way you want to start it for us, obviously, (but) I'd rather this be a Week 1 loss than a Week 13, 14, 15 loss." THE ASSOCIATED PRESS

# Defenders Lardarius Webb and Jarret Johnson of the Ravens hit Steelers quarterback Ben Roethlisberger in Baltimore yesterday.



Quoted



"I think I had one of my best days. I'm very fortunate to do it on this stage."

AUSTRALIA'S SAMANTHA
STOSUR AFTER DEFEATING
AMERICAN SERENA
WILLIAMS IN THE U.S OPEN
WOMEN'S FINAL IN NEW
YORK YESTERDAY. THE 6-2,
6-3 VICTORY WAS JUST THE
THIRD TITLE AT ANY TOURLEVEL EVENT FOR THE
27-YEAR-OLD STOSUR.

#### **Around the NFL**

In other action yesterday:

- Nick Folk kicked a 50-yard field goal with 27 seconds left in the fourth quarter to give the New York Jets a 27-24 comeback victory against his former team the Dallas Cowboys.
- Brian Urlacher had an interception and returned a fumble for a touchdown, Jay Cutler threw for 312 yards and two scores, and the Chicago Bears pounded
- Matt Ryan and the Atlanta Falcons 30-12.
- Matthew Stafford threw for 305 yards and three touchdowns to help the Detroit Lions beat the Tampa Bay Buccaneers 27-20 for their fifth consecutive victory dating to the final month of the 2010 season.
- The Indianapolis Colts looked lost without Peyton Manning and the Houston Texans took advantage, as Matt Schaub threw for 220 yards and a touchdown in a 34-7 rout.

# Bautista, rookies carry Jays to victory



Jose Bautista's sacrifice fly in the seventh inning brought home the winning run as the Toronto Blue Jays edged the Baltimore Orioles 6-5 yesterday.

Bautista's RBI capped a three-run seventh that also saw rookies David Cooper and Adam Loewen of Surrey, B.C., belt solo homers for Toronto at Rogers Centre

Joel Carreno (1-0) pitched the seventh for his first major-league victory as Toronto won the rubber match of the three-game series.

Loewen, who once pitched for the Orioles before injuries ended that phase of his career, had two hits, including his first major-league homer against Tommy Hunter (3-4).

Dustin McGowan allowed four runs on three hits over three innings in his first major-league start since July 8, 2008, which also was against Baltimore.

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#### MAJOR LEAGUE BASEBALL

A 1	м	ER	114	-	N.	_			
$\Delta$	nл			Λ	м	- /	м		-

EAST DIVISION				
New York Boston Tampa Bay Toronto Baltimore	81	61 64 73	.582 .559 .503	3: 1
CENTRAL DIVISION				
Detroit Chicago Cleveland Kansas City Minnesota	W 84 73 72 62 59	72 72 86	Pct .575 .503 .500 .419 .404	1
WEST DIVISION				
Texas Los Angeles Oakland Seattle	83 80 66 61	66 80	Pct .565 .548 .452 .418	
Yesterday's results Detroit 2 Minnesota 1				

Toronto 6 Baltimore 5 Tampa Bay 9 Boston 1 Cleveland 7 Chicago White Sox 3 Texas 8 Oakland 1 N.Y. Yankees 6 L.A. Angels 5 Kansas City 2 Seattle 1 Saturday's results Toronto 5 Baltimore 4 Chicago White Sox 7 Cleveland 3 (10 ings) Detroit 3 Minnesota 2 Oakland 8 Texas 7

Tampa Bay 6 Boston 5 (11 ings) L.A. Angels 6 N.Y. Yankees 0 Kansas City 4 Seattle 2 Tonight's games

Tampa Bay (Niemann 9-7) at Baltimore (Britton 9-9), 7:05 p.m. Detroit (Porcello 13-8) at Chicago White Sox (Danks 6-11), 8:10 p.m. L.A. Angels (Pineiro 6-6) at Oakland (G.Gonzalez 12-12), 10:05 p.m. N.Y. Yankees (P.Hughes 4-5) at Seattle (F.Hernandez 14-11), 10:10 p.m.

Tomorrow's games
Tampa Bay at Baltimore, 7:05 p.m. Toronto at Boston, 7:10 p.m. Cleveland at Texas, 8:05 n m Detroit at Chicago White Sox, 8:10 p.m. Minnesota at Kansas City, 8:10 p.m. L.A. Angels at Oakland, 10:05 p.m. N.Y. Yankees at Seattle, 10:10 p.m

#### LACROSSE

#### MANN CUP

#### CANADIAN SENIOR CHAMPIONSHIP At Langley, B.C.

(Best-of-7) BRAMPTON (ONT.) VS. LANGLEY (B.C.) Last night's result
Brampton vs. Langley
Saturday's result

Brampton 8 Langley 7 Tonight's game Brampton vs. Langley, 10:45 p.m. Wednesday's game x-Brampton vs. Langley, 10:45 p.m.

#### **NATIONAL LEAGUE**

EAST DIVISION												
	W	L	Pct	GB								
Philadelphia	94	49	.657	_								
Atlanta	84	63	.571	12								
New York	71	74	.490	24								
Washington	67	77	.465	271/2								
Florida	66	79	.455	29								
CENTRAL DIVISIO	N											
Milwaukee	86	62	.581	_								
St. Louis	79	67	.541	6								
Cincinnati	71	75	.486	14								
Pittsburgh	66	80	.452	19								
Chicago	63	82	.434	211/2								
Houston	49	97	.336	36								
WEST DIVISION												
Arizona	85	62	.578	_								
San Francisco	76	70	.521	81/2								
Control American London	70	72	407	10								

72 73 .497 12 69 77 .473 15½ 63 84 .429 22 San Diego Yesterday's results Florida 4 Pittsburgh 1 Washington 8 Houston 2

Milwaukee 3 Philadelphia 2 St. Louis 6 Atlanta 3 Colorado 4 Cincinnati 1 San Francisco 8 L.A. Dodgers 1 San Diego 7 Arizona 6 Chicago Cubs at N.Y. Mets

Saturday's results Chicago Cubs 5 N.Y. Mets 4 Colorado 12 Cincinnati 7 Florida 3 Pittsburgh 0 Houston 9 Washington 3 Philadelphia 3 Milwaukee 2 (10 ings) St. Louis 4 Atlanta 3

Arizona 6 San Diego 5 (10 ings)
L.A. Dodgers 3 San Francisco 0

Tonight's games
St. Louis (Lohse 13-8) at Pittsburgh (Lincoln 1-2), 7:05 p.m. Chicago Cubs (R.Lopez 4-6) at Cincinnati (Willis 0-5), 7:10 p.m.

Florida (Volstad 5-12) at Atlanta (Beachy 7-2), 7:10 p.m. Washington (Detwiler 2-5) at N.Y. Mets (Dick-

ey 8-11), 7:10 p.m. Philadelphia (Oswalt 7-8) at Houston (Myers Philadeiphia (Oswait 7-8) at Houston (Myer 4-13), 8:05 p.m. Arizona (J.Saunders 10-12) at L.A. Dodgers (Lilly 9-13), 10:10 p.m. San Diego (Harang 13-5) at San Francisco (Surkamp 1-0), 10:15 p.m.

Tomorrow's games

St. Louis at Pittsburgh, 7:05 p.m. Chicago Cubs at Cincinnati, 7:10 p.m. Florida at Atlanta, 7:10 p.m. Washington at N.Y. Mets, 7:10 p.m. Philadelphia at Houston, 8:05 p.m. Colorado at Milwaukee, 8:10 p.m. Arizona at L A Dodgers, 10:10 n m San Diego at San Francisco, 10:15 p.m

#### BASKETBALL

#### **FIBA AMERICAS 2012 OLYMPIC QUALIFYING**

At Mar del Plata, Argentina Last night's results

**BRONZE MEDAL** 

Dominican Republic 103 Puerto Rico 89

**GOLD MEDAL** 

**BLUE JAYS 6. ORIOLES 5** 

4 0 1 0 33 5 7 5

E—Mar.Reynolds (29). LOB—Baltim

to 5. 2B-Markakis (26), C.Davis (7), McCoy (6). HR-Cooper (2), Loewen (1), SB-K, Hudson (2),

HR—Cooper (2), Loewen (1), SB—KLHudson (2 CDavis (1), S—McCoy, SF—Guerrero, Bautista Baltimore IP H R ER BB Tom.Hunter L,3-4 61-3 9 6 4 0 Eyre 1-3 0 0 0 0 Rapada 1-3 0 0 0 0 Bergesen 1 0 0 0 1 Teach

2 3 0 1 1 1 1 0 0

10 10

T PF PA Pt 0 242 229 14 0 317 251 12 0 273 270 10 0 206 290 4

0 269 258 0 229 227 0 260 225 0 237 283

66-67-68-201 69-64-68-201 69-67-66-202 69-66-68-203 70-70-64-204 71-67-66-204 71-65-68-204

McCoy ss

Bautist rf

Cooper 1b Arencii c Loewen cf Wise cf

110 201 000

201 000 30x

Lind dh

Angle cf

Markks rf

Guerrr dh

Andino 2b

Baltimore

Toronto McGowan

C.Villanueva

CFL

**WEEK 11** 

WEST DIVISION

Yesterday's results Montreal 43 Hamilton 13 Saskatchewan 45 Winnipe

Calgary 30 Edmonton 20

All times Eastern Friday, Sept. 16 Edmonton at Hamilton, 7:30 p.m. Saturday, Sept. 17 Toronto at Saskatchewan, 4 p.m. B.C. at Calgary, 7 p.m. Sunday, Sept. 18 Winnipeg at Montreal, 1 p.m.

**LPGA NW ARKANSAS** 

**CHAMPIONSHIP** 

(x—won on first playoff hole) x-Yani Tseng, \$300,000 Amy Yang, \$182,127 Ai Miyazato, \$132,120 Cristie Kerr, \$102,205

At Rogers, Ark. Par 71 — Final Round

milton, 7:30 p.m.

Calgary Edmonton B C

Saskatchewar

Saturday's results B.C. 28 Toronto 6

**WEEK 12** 

GOLF

Camp Carreno W.1-0

Janssen H,7 1 0 F.Francisco S,14-18 1 0 T—3:01. A—14,235 (49,260).

Totals

#### **WEEK ONE**

NFL

#### AMERICAN CONFERENCE

EAST						
	W	L	Т	Pct	PF	P
Buffalo	1	0	0	1.000	41	
N.Y. Jets	1	0	0	1.000	27	2
Miami	0	0	0	.000	0	
New England	0	0	0	.000	0	
SOUTH						
	W	L	Т	Pct	PF	P
Houston	1	0	0	1.000	34	
Jacksonville	1	0	0	1.000	16	1
Tennessee	0	1	0	.000	14	1
Indianapolis	0	1	0	.000	7	3
NORTH						
	W	L	Т	Pct	PF	P
Baltimore	1	0	0	1.000	35	
Cincinnati	1	0	0	1.000	27	1
Cleveland	0	1	0	.000	17	2
Pittsburgh	0	1	0	.000	7	3
WEST						
	W	L	Т	Pct	PF	P
San Diego	1	0	0	1.000	24	1
Denver	0	0	0	.000	0	
Oakland	0	0	0	.000	0	
Kansas City	0	1	0	.000	7	4

#### NATIONAL CONFEDENCE

NATIONAL	LCU	NLI	CK	ENCE		
EAST						
	W	L	т	Pct	PF	PA
Washington	1	0	0	1.000	28	14
Philadelphia	1	0	0	1.000	31	13
Dallas	0	1	0	.000	24	27
N.Y. Giants	0	1	0	.000	14	28
SOUTH						
	W	L	Т	Pct	PF	PA
New Orleans	0	1	0	.000	34	42
Tampa Bay	0	1	0	.000	20	27
Carolina	0	1	0	.000	21	28
Atlanta	0	1	0	.000	12	30
NORTH						
	W	L	Т	Pct	PF	PA
Chicago	1	0	0	1.000	30	12
Detroit	1	0	0	1.000	27	20
Groon Ray	1	Λ	Λ	1 000	//2	2/

WEST Pct 1.000 PA 17 21 33 Arizona 0 0 1.000 28 17 Seattle 1 0 .000 St. Louis 13 Yesterday's results

0 1 0 .000 17 24

Arizona 28 Carolina 21 Baltimore 35 Pittsburgh 7 Buffalo 41 Kansas City 7 Chicago 30 Atlanta 12 Cincinnati 27 Cleveland 17 Detroit 27 Tampa Bay 20 Houston 34 Indianapolis 7 Jacksonville 16 Tennessee 14 Philadelphia 31 St. Louis 13 San Diego 24 Minnesota 17 San Francisco 33 Seattle 17 Washington 28 N.Y. Giants 14 N.Y. Jets 27 Dallas 24 Thursday's result

Green Bay 42 New Orleans 34 Tonight's games New England at Miami, 7 p.m. Oakland at Denver, 10:15 p.m.

#### **TENNIS**

#### **U.S. OPEN**

At New York YESTERDAY WOMEN

WOMEN Singles — Championship Sam Stosur (9), Australia, def. Serena Williams (28), U.S., 6-2, 6-3. Doubles — Championship Liezel Huber and Lisa Raymond (4), U.S., def. Vania King, U.S., and Yaroslava Shvedova (3), Kazakhstan, 4-6, 7-6 (5), 7-6 (3). JUNIORS

Boys Singles — Championship

Singles — Championship Oliver Golding (33), Birktain, def. Jiri Vesely (1), Czech Republic, 5-7, 6-3, 6-4. Doubles — Championship Robin Kern and Julian Lenz, Germany, def. Maxim Dubarenco, Moldova, and Vladyslav Manafov, Ukraine, 7-5, 6-4. Girls

Singles — Championship Grace Min, U.S., def. Caroline Garcia (1), France, 7-5, 7-6 (3).

Doubles — Championship Irina Khromacheva, Russia, and Demi Schuurs (6), Netherlands, def. Gabrielle Andrews and Taylor Townsend, U.S., 6-4, 5-7, 10-5 (tiebreak).

#### **SATURDAY**

MEN
Singles — Semifinals
Novak Djokovic (1), Serbia, def. Roger Federer
(3), Switzerland, 6-7 (7), 4-6, 6-3, 6-2, 7-5. Rafael Nadal (2), Spain, def. Andy Murray (4), Britain, 6-4, 6-2, 3-6, 6-2. **Doubles — Championship** 

Jurgen Melzer, Austria, and Philipp Petzschner (9), Germany, def. Mariusz Fyrstenberg and Marcin Matkowski (6), Poland, 6-2, 6-2. Marcin Mus... WOMEN Trades — Semifinals

Serena Williams (28), U.S., def. Caroline Wozniacki (1), Denmark, 6-2, 6-4. Sam Stosur (9), Australia, def. Angelique Kerber, Germany, 6-3, 2-6, 6-2.

#### CYCLING

#### **VUELTA A ESPANA**

At Madrid Final Stage 95.63 kilometres

1. Peter Sagan, Slovakia, Liquigas-Cannondale, two hours, 20 minutes, 59 minutes; 2, Daniele Bennati, Italy, Leopard Trek, same time; 3 Alessandro Petacchi, Italy, Lampre, s.t.; 4. John Degenkolb, Germany, HTC, s.t.; 5. Nikolas Maes, Belgium, Quick Step, s.t.; 6. Pim Ligthart, Netherlands, Vacansoleil, s.t.; 7. Christopher Sutton, Australia, sky, s.t.; 8, Koen De Kort, Netherlands, Skil Shimano, s.t.; 9. Bauke Molle-ma, Netherlands, Rabobank, s.t.; 10. Vicente Revnes, Spain, Omega Pharma Lotto, s.t. OVERALL STANDINGS

#### (final after 21 stages)

1. Juan Jose Cobo, Spain, Geox, 84 hours, 59 minutes, 31 seconds; 2. Christopher Froom Britain, Sky, 13 seconds behind; 3. Bradley Wiggins, Britain, Sky, 1:39: 4, Bauke Mollema, Netherlands, Rabobank, 2:03; 5. Denis Men-chov, Russia, Geox, 3:48; 6. Maxime Monfort, Belgium, Leopard Trek, 4:13: 7. Vicenzo Nibali, Italy, Liquigas-Cannondale, 4:31; 8. Jurgen Van Den Broeck, Belgium, Omega Pharma Lotto, 4:45; 9. Daniel Moreno, Spain, Katusha, 5:20; 10. Mikel Nieve, Spain, Euskaltel-Euskadi, 5:33.

#### SOCCER

#### MLS

#### EASTERN CONFERENCE

	GP	W	L	Т	GF	GΑ	
Columbus	27	11	9	7	33	34	4
Kansas City	28	10	8	10	43	36	4
Philadelphia	27	8	7	12	35	30	3
Houston	28	8	9	11	34	36	3
D.C. United	25	8	7	10	37	35	11111
New York	27	6	6	15	42	38	3
Chicago	27	4	8	15	30	35	- 2
New England	28	5	11	12	32	43	- 2
Toronto	29	5	12	12	30	51	2
					_		

#### WESTERN CONFERENCE

	GP	W	L	Т	GF	GΑ	Pt
Los Angeles	28	15	3	10	40	22	55
Seattle	28	13	6	9	43	31	48
Dallas	28	13	8	7	36	31	46
Real Salt Lake	26	13	7	6	37	22	45
Colorado	29	10	8	11	39	37	41
Portland	27	9	12	6	33	41	33
Chivas USA	28	7	11	10	32	33	31
San Jose	27	6	10	11	29	35	29
Vancouver	27	4	13	10	28	43	22
Note: Three points	for	a w	/in,	one	for a	tie.	

Saturday's results Saturday's results
Tonton 4 Columbus 2
Vancouver 1 New York 1
D.C. United 3 Chivas USA 0
Kansas City 3 Houston 0
New England 2 Dallas 0
Portland 0 Philadelphia 0
Poal Salt Lako 2 Spattlo 1 Real Salt Lake 2 Seattle 1 San Jose 2 Chicago 0

Wednesday's game All Times Eastern Houston at Columbus, 7:30 p.m.

#### NASL

**Yesterday's results** Montreal 1 Carolina 0 Fort Lauderdale at Edmonton Saturday's results Minnesota 2 Atlanta ( Tampa Bay at Puerto Rico (ppd., rain; rescheduled to Sept. 21)

#### **ENGLAND**

#### PREMIER LEAGUE

**Yesterday's results** Norwich 0 West Bromwich Albion 1

#### **FRANCE**

#### LIGUE 1

Yesterday's results Montpellier 1 Nice 0 Nancy 0 Auxerre 0 Paris Saint-Germain 1 Brest 0 **GERMANY** 

#### **BUNDESLIGA**

#### Yesterday's results

Cologne 1 Nuremberg 2 Wolfsburg 2 Schalke 1

#### **ITALY**

#### **SERIE A**

Yesterday's results Catania 0 Siena 0 Chievo Verona 2 Novara 2 Fiorentina 2 Rologna 0 Genoa 2 Atalanta 2 Lecce 0 Udinese 2 Juventus 4 Parma 1 Palermo 4 Inter Milan 3 Roma 1 Cagliari 2



18

33

37

56

59

4 Standard

6 Stogie

100

5 Radio host Don

7 One approaching

29

#### Crossword

#### Across

1 Assn. 4 Photo, for short 7 Brussels-based alliance

11 Reddish horse

13 Parisian pal

14 Valhalla VIP

15 Othello's foe

16 Carpet 17 "Findina —"

18 \$1,000

20 Long story 22 Pick a target

24 Saskatchewan's

capital

28 Mixture

32 NYC Marathon founder Fred

33 Body powder

34 Hoover, for one

36 Hawaiian fowl 37 Acrylic fiber

39 At ease

41 Interlocked

43 Kids' card game 44 Wilson of "Mid-

night in Paris" 46 Cockpit occupant

50 First victim

53 Journal

55 Verdi opera

56 Short skirt 57 Actress Gardner

58 Black (Fr.)

59 "Back in Black"

rock band 60 Sweet potato

61 Trawler need

Down

1 First (Abbr.) 2 Sound from 47-

3 Pop singer Lady —

9 Allen or Curry 10 John's Yoko 12 Virgin, to a bar

tender 19 Use a shovel

8 Citric drink

21 Solidify 23 Crazy

27 Dumbstruck

26 Zilch

25 Mountain goat

28 Molecule compo 29 Stallion's partner

13

16

38

42

53

57

60

31

39

32

40

46

58

54 Group of whales

► Friday's answe

51 Pen name? 52 Conclusion

35

43

30 "— Well That Ends Well"

31 Scratch

35 Kitten's call 38 Fresh

40 Once around the track

42 Postpone 45 — Scotia

47 Jungle critter 48 Garfield's pal

49 Small pie 50 "I — Camera"

#### Sudoku

	2		3			6	7	
3				2		1		4
1				5				
	5	7			3		6	
				9				
	6		8			9	5	
				8				3
7		1		6				2
	8	9			4		1	

#### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer 🕨

#### 7 2 1 2 7 6 5 8 9 3 8 4 5 9 2

4 8 6 3 5

# Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

When times are tough and things get you down. Think of your muffin being around. When I think of you pie, I wonder why your not here by my side. Baking with you is a treat. I've been missing you taking a seat! Hope to see you this week. FROM MIIFFINMAN

Someone

Can you pl. be specific with initials? If it is me, I must know that. FROM SOMEONE

Tristan Larson

I happen to regret a lot in my life, things i wish i did different, things i wish never happened, but truth be told all of it happened for a reason and that reason is to have met you, i may not know how you feel towards me but i know what i feel for you, and what i feel every time i talk to you.

FROM FLIPPY

#### A look at the weather

TODAY Min 6° Max 16°

**TUESDAY** Min 5° Max 16°

WEDNESDAY Min 8° Max 17°

Andrew Schultz. Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM



#### Today's horoscope

T Aries March 21-April 20 If there are things you need to discuss wait until later in the week.

Taurus April 21-May 21 The less you reveal about your plans

the better II Gemini May 22-June 21 Keep a cool head and don't let the pressure get to you.

Gancer June 22-July 22 It may be annoving that family members don't seem that interested in what you are up to but they have their

own lives to deal with.

• Leo July 23-Aug.23 Make every

word count. Try not to be rude though

M Virgo Aug. 24- Sept. 22 Not everyone merits your help but it will pay you to be kind even to who do not deserve it.

to reality today, no matter how unappealing it may be. M Scorpio oct. 24-Nov. 22 You

will find it hard to stay focused today as the full moon pulls you first this way then that.

**₹ Sagittarius** Nov. 23-Dec. 21 Be honest with friends and colleagues today, even if you know

For today's crossword answers and for expanded horoscopes, go to metronews.ca that what you have to tell them is not what they want to hear

26

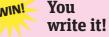
り Capricorn Dec. 22-Jan. 20 This is exactly the right time to finalize plans and commit yourself to a goal you may have been unsure about before. Go for it!

Aquarius Jan. 21-Feb. 18 Your ideas are as good as anyone else's ideas so don't think of changing them just because certain individuals seem unimpressed.

)-( Pisces Feb. 19-March 20. Sometimes it feels good to let it all out - for you, if not for everyone else! SALLY BROMPTON







Write a funny caption for the image above and send it to play@metronews.ca the winning caption will be published in tomorrow's Metro.



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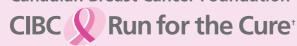
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# I'm running to inspire others to do the same.

Join us on Sunday, October 2 for the

**Canadian Breast Cancer Foundation** 



Visit a CIBC branch today, make a donation and select a gift from the CIBC Pink Collection™.

Visit cibc.com/runforthecure and like us on f/cibccommunitymatters



Download a free app at getmobio.com Scan the QR code to register and donate.







